



Our students have many lessons to learn and he is the perfect person to deliver them. I highly recommend Barnaby as a speaker to anyone, and especially people who are looking to motivate a group to do whatever it is then do, to the best of their ability.

yLead

Barnaby chose life, and today he is a professional speaker with a powerful message that asks us to question how we define success. Barnaby knows first hand that life isn't fair, and his authentic delivery is based on real life experience. Barnaby knows that the only thing we can control is our mindset, and it is in times of crises we create our future.

At the tender age of 14, Barnaby came up against one his first big life challenges when he was diagnosed with type one Diabetes. This would be terrifying for any teenager, and in Barnaby's case meant that every day he would need to monitor blood sugar levels, and inject himself with insulin. This is a daunting prospect for any young teenager, but it also laid the foundation for Barnaby to develop a positive mindset and determined attitude that would serve him well in years to come.

At the age of 25, Barnaby was the victim of an alcohol fuelled gang attack in suburban Sydney. This attack led him to have a stroke that wiped out the brain signals controlling the left-hand side of his body. He had to undergo intensive rehabilitation and endured months of therapy.

This moment defined the truly extraordinary human being that Barnaby is, as once again injustice prevailed, and he was left with a decision. Do I play out the rest of my life as a victim of circumstance, or do I take a message of hope, resilience and determination out into the world?

With every challenge Barnaby quite simply chose to give life a crack. In his early twenties (prior to the stroke) Barnaby played AFL for the Sydney Swans and in September 2013, he was inducted into the AFL Sydney Hall of Fame. He has an autobiography, filmed two documentaries in Africa and climbed to the top of Mount Kilimanjaro. He continues to act as an ambassador for Diabetes Australia, The Stroke Foundation and more recently (With his wife Angela being diagnosed with breast cancer) The Cancer Council of Australia.

Barnaby asks us all to put life's challenges in perspective and know that you have the tool kit to deal with any hardship along the way. Whatever is in front of you, hold your head high, and be proud of the person that you are. All we need to do is 'Give It a crack'.

* RESILIENCE * MOTIVATION

| SYDNEY

TOPIC: GIVE IT A CRACK

There is no such thing as 'fair', when it comes to dealing with challenges in life or in a business environment. Developing the mindset to deal with these challenges in a positive manner ensures a sustainable future, no matter what roadblocks we are faced with on our personal or business journey.

Struggle and adversity are often the key ingredients enabling growth and change. In this presentation participants are given the strategies to shift their mindset, and harness an empowered stance when overcoming adversity. Often it is the small wins that define our success, and provide clarity for the future.

Audiences will walk away from this presentation with insights into what it really means to give life a crack regardless of the circumstances. This enables individuals or teams to develop a positive mindset when it comes to dealing with a challenge. They will build confidence as they gain insights into the nature of success, and feel inspired to overcome any perceived failure.

KEY OUTCOMES

- * Develop a resilient mindset
- * See challenge as a key to growth
- * Gain perspective on personal success
- * Feel inspired to overcome key challenges
- * Become a more strategic leader, and less reactive.

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